



HEALTH CHECK

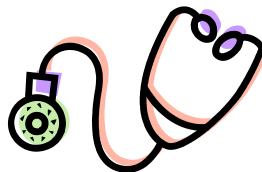
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WHO NEEDS A WELL CHILD CHECK-UP?



Regular Health Check exams can find problems and treat them before they get worse.

If your child is enrolled in EqualityCare, he or she can get FREE Well Child **Health Check** Exams, these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.



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What is included in a well child health check?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height and weight
- ⇒ Developmental tests to screen for autism and other related conditions
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

- Well Child Check-Ups
- Important Telephone Numbers
- **Children and Media Violence**
- Transportation Program

CHILDREN AND MEDIA VIOLENCE



Parents should encourage children to play outside as much as possible, especially during warmer months. Sometimes, however, children must play inside. These days, when children are playing inside it involves watching TV, using the computer, and playing video games. Studies show that children ages 8-18 spend more time in front of computer, television, and game screens more than any other activity in their lives, except sleeping. We also know that media violence affects children's behavior. Children who watch significant amounts of violence on television and in movies are more likely to have aggressive behavior and attitudes.

What can you do when violence in the media can be a major part of children's lives? Here are some tips:

- ◆ Try not to let your children watch television until they are two years old.
- ◆ Limit the number of hours a day your children spend watching TV, using the computer, or playing video games.
- ◆ Keep TV's, computers, and video games out of your children's bedrooms so you know what your children are watching.
- ◆ Talk to your children about which shows and games they can or can't watch or play and give them your reasons for this.
- ◆ Teach your children that the violence they see on TV or in video games is not real and that real-life violence hurts people.
- ◆ Teach your children that guns, bullets, knives, and other weapons they see on TV are fake and that real weapons hurt or kill people.
- ◆ Tell your children to talk to you when they are scared, confused, or afraid about something they have seen on TV, in a movie, or on the internet.

These tips are easy things you can do to help your children know the difference between make believe violence they see in the media and real life violence that hurts or kills people. There is a lot you can do to decrease the effect violence in the media has on your children. Most importantly, it's best to watch TV, movies, or play video games with your children as much as possible.

INDOOR ACTIVITIES

As you know, Wyoming can have extreme weather (any where from very hot to extreme cold and blizzards). During these types of conditions your children are stuck indoors and you find yourself needing to find ways to entertain them or to help drain some of their energy. Following are some ideas that may help you survive those extreme days:

- ◆ Make home made play dough. This does not cost a lot of money to make and uses ingredients that you will likely already have in your house. The recipe is:
 - 1 cup salt
 - 4 cups flour
 - 5 tablespoons Cream of Tartar
 - 1/4 cup vegetable oil
 - 3 cups of boiling water
 - 2 teaspoons of food coloringPut salt, flour and cream of tartar in a bowl and mix. Slowly add oil, and half of the water and mix. Add food color and the rest of water. Cool enough to handle dough. Knead until dough is formed.
- ◆ Build the tallest card tower you can.
- ◆ Make the neatest dominoes track and let the littlest child push the first domino to see it all fall down.
- ◆ Play board games
- ◆ If you have a computer you can go to www.jigzone.com. This website provides online puzzles for kids of all levels.
- ◆ Have a picnic in the living room.



INDOOR ACTIVITIES CONTINUED

- ◆ Make an obstacle course out of couch cushions, blankets and pillows. Time each other to see who is the fastest.
- ◆ Read to your children and have them draw pictures about the story and then share the pictures with each other.
- ◆ Get out all the stuffed animals and turn your living room into a zoo, complete with admission tickets and treats. You can even add a face painting booth, following is a recipe for face paint:

- 4 teaspoons of vegetable shortening (such as Crisco)
- 2 teaspoons of white flour
- 5 teaspoons of cornstarch
- 8 drops of glycerin (available at drug stores)
- Gel food coloring (available at grocery stores)
- Cold cream (apply before painting)
- Cotton swabs (such as Q-Tips)
- Small paint brush

Mix shortening, flour and cornstarch until it forms a thick paste. Add the glycerin drops and stir until mixture is smooth and easily spread. Divide the mixture into several small cups. Add food coloring gel in small amounts to each cup until you've mixed the colors you'd like to use. To make the paint easier to remove, smooth a little bit of cold cream into the child's cheek before applying the face paint. Use a paint brush or cotton swab to paint on your design. Paint is removable with soap and water.



For more ideas go to the following websites:

- ◆ <http://rochester.disoutandabout.com/main-articles/snowydays.html>
- ◆ http://www.essortment.com/all/indoorgameskid_rqix.htm

TRANSPORTATION PROGRAM

1. Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be provided.
2. Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.
3. When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.
4. Providers will be contacted to verify attendance of appointments. If an appointment is not attended, notify the transportation call center immediately.

EFFECTIVE MAY 1, 2008:

1. Emergency fund requests will be limited to one (1) per 30 days per client (not per family).
2. If the client requested overnight stays a copy of the hotel receipt with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet is required.
3. All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records. The EqualityCare Client Travel Verification Form will not be included in the Travel Authorization Confirmation Packets after May 1, 2008. The only verification forms that will be accepted by the transportation call center will be the following:
 - A. The original physician or facility's Super Bill given at the time of check-out.
 - B. Verification information on physician or facility letterhead.
 - C. Verification information on the physician or facility's tamper resistant Rx pad.

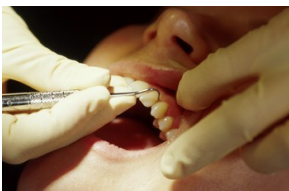
EFFECTIVE JULY 1, 2008: The transportation mileage was increased from \$0.18 to \$0.26.

IMPORTANT CONTACT INFORMATION: Transportation Call Center — 1-800-595-0011 — M-F 9 am - 5 pm MST



WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?

Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's history. Find



a place in your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.

MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
<http://wdh.state.wy.us/healthcarefin/index.html>



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

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YOUR HEALTH CHECK NEWSLETTER



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